

abuse, and problems and, hence, the survey results represent a conservative estimate of ATOD prevalence and problems among Tennessee's high-school-age population.

This report is a summary of the ATOD-related attitudes and practices of Tennessee high school students. In the text, figures over 5% are rounded to enhance readability. Under 5%, one decimal place is reported for use in estimating numbers of students with ATOD risk factors in Tennessee counties.

## **STUDENTS' HEALTH STATUS**

Sixty-two percent of high school students surveyed reported that their general health was very good or excellent, while 8% reported being in fair or poor health. Three percent of students were disabled, i.e., had a disabling condition or health problem that kept them from doing normal tasks such as going to school or walking.

Mental health problems may be related to experience of severe stress, which was reported by 13% of youth. Only 8% of students reported usually feeling no stress.

Twenty-two percent of students reported often or almost always feeling very depressed. While 13% of students had actually attempted suicide, 3% had used AOD just before attempting suicide. Viewed another way, of students who attempted suicide, 27% had used alcohol or other drugs just before their attempt.

## **LIFETIME AND RECENT TOBACCO, ALCOHOL AND OTHER DRUG USE**

In this study, lifetime, recent and current prevalence of ATOD use are derived from students' self-reports.

Alcohol is the most prevalent drug used by high school students in Tennessee, followed by cigarettes. Marijuana and smokeless tobacco are the third and fourth most frequently used drugs by high school students.

### Tobacco Use

Nearly two-thirds of students (63%) had tried cigarettes, and more than half (52%) had smoked cigarettes in the 12 months before the survey. Nineteen percent of students smoked daily during that 12-month period. Forty percent of students had smoked in the 30 days prior to the survey, while 20% had smoked on 20 or more of the past 30 days. Twelve percent of students had smoked 11 or more cigarettes in the last 30 days.

Nearly one-third of students (30%) had used smokeless tobacco in their lives, with 22% using smokeless tobacco in the past 12 months. Five percent of students had used smokeless tobacco daily in the last 12 months and 16% had used smokeless tobacco